

# TWISTLOCK™



## ONE SIZE RIPS ALL.

Since 1983, StairMaster® has been making a name for ourselves in the gym. Now, we're making workouts more convenient at home. Our new TwistLock™ Dumbbells let you change weights in 5 lb increments with the simple twist of a handle – no knobs to turn or levers to slide. With weights ranging from 5 to 50 lbs, TwistLock gives you an entire 10-piece set in a single dumbbell – all with a durable construction and a modern, lightweight aluminum cradle. It's a great way to get a real workout with real results – all from a smart, compact design.



**StairMaster®**



**SCHWINN FITNESS**

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**StairMaster®**

## FEATURES



HANDLE STARTING WEIGHT OF JUST 5LBS  
– THE MOST COMPACT AVAILABLE



CONTOURED AND TEXTURED HANDLES  
PROVIDE A COMFORTABLE AND SECURE GRIP



HIGHLY VISIBLE WEIGHT  
SELECTION WINDOWS ON BOTH  
ENDS OF THE HANDLE



OPTIONAL EASY ACCESS  
STAND IS AVAILABLE



## PRODUCT FEATURES AND OPTIONS

TwistLock comes standard with aluminum weight cradles for easy access and secure storage of the dumbbells. Plus, the open-end design of the cradles allows them to be easily picked up and moved when needed.

Also included with TwistLock Dumbbells is the FREE Exercise Guide, complete with 20 distinct exercises enabling a total-body workout for users of all fitness levels.



The TwistLock Dumbbell Stand is an easy way to get the most out of your StairMaster TwistLock Adjustable Dumbbells. Sold separately, this heavy-duty, powder-coated steel frame allows you to mount your TwistLock Dumbbell cradles to the stand at the optimal height for quick and easy access, encouraging proper lifting form and less strain on your back. The frame also ensures that your dumbbells will always be kept securely in place.



## DUMBBELL AND CRADLE SPECS

<b>Weight range</b>	5 to 50 lbs (2.2 to 22.7 kg) each dumbbell
<b>Weight increments</b>	5, 10, 15, 20, 25, 30, 35, 40, 45, 50 lbs
<b>Size range</b>	5 lbs (2.2 kg) starting weight is only 9.3" (23.6 cm) long, length increases with additional weight
<b>Includes</b>	2 dumbbells, 2 cradles and exercise guide
<b>Product dimensions (5 lb handle Only)</b>	9.4" L x 3.5" W x 3.5" H (23.8 L x 9 W x 9 H cm)
<b>Product dimensions (50 lb Dumbbell Only)</b>	14.5" L x 7.9" W x 7.5" H (36.6 L x 19.8 W x 19.1 H cm)
<b>Product dimensions (1 Cradle Only)</b>	16" L x 9.1" W x 3.6" H (40.8 L x 23.2 W x 9.2 H cm)
<b>Product dimensions (50 lb Dumbbell in Cradle)</b>	16" L x 9.1" W x 8" H (40.8 L x 23.2 W x 20.3 H cm)
<b>Product weight (2 Dumbbells with 2 Cradles)</b>	103 lbs (46.8 kg)
<b>Total shipping weight (2 Dumbbells with 2 Cradles)</b>	108.6 lbs (49.4 kg)
<b>Shipping info</b>	Ships in 2 cartons – each carton contains one dumbbell with one cradle
<b>Parts Warranty</b>	2 years (Residential Use Only)

## DUMBBELL STAND SPECS

<b>Dumbbell Stand dimensions (stand only)</b>	22" L x 33.5" W x 25" H (55.7 L x 84.5 W x 63.4 H cm)
<b>Dumbbell Stand weight (stand only)</b>	21.7 lbs (9.9 kg)
<b>Dumbbell Stand shipping weight (stand only)</b>	25.1 lbs (11.4 kg)



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